

Tested  
Tools

## The Tribune Institute

HOUSEKEEPING AS A PROFESSION

Tested  
Foods

## Appetizing Pork Dishes Especially Enjoyable in Winter Menus

## The Savory Crisp Fat and White Meat Are at Their Best With Spiced Vegetables and Fruit

By Virginia Carter Lee

**C**LOSELY resembling the white meat of chicken with its crisp and savory brown fat and a delightful flavor all its own, pork is perhaps one of the best and most popular of winter meats. It is at its best when served with tart spiced apple sauce, browned or candied sweet potatoes and either green peas or creamed onions.

Pork possibly presents a greater variety of cuts and dishes than any other meat and from the delicate rashers of broiled bacon down to the delicious tenderloin, "spare ribs" and baked ham, they need no recommendation.

Many kinds of savory sausages, head cheese and kindred delicacies, some of which are made by the peoples of European countries and others which are of home manufacture, owe their worth to pork. All of them are excellent and may be purchased at any good delicatessen shop in quantities to suit the kitchenette's needs. They are ideal for an emergency luncheon or supper with brown bread, potato salad and fragrant hot coffee.

## Pork in Many Ways

In planning the coming week's menu pork has been introduced in some form for the majority of meals. This has been done so as to give as many suggestions for its use as possible and not because an exclusive pork diet is recommended.

Be very careful that the pork served to your family is perfectly fresh and thoroughly cooked, and if a rib roast is selected score the fat over the top in criss-cross fashion with a sharp knife. This will allow the edges of the tiny squares to curl back and cook to a rich, crisp brown. The meat when cooked should be of a snowy whiteness, without a suspicion of redness.

Another delicious roast is a crown of pork, prepared in the same manner as "crown of lamb." This cut from young pork is a most delicate and tempting dish. Fill the center with green peas and carrots and surround the roast with spiced baked apples, stuck with a few whole cloves.

In buying hams, either fresh or smoked, those from the hindquarters, rather than from the shoulders, are the best, and consequently highest in price. Those from the shoulders are, however, excellent, and selling as they do at much lower price, should be selected when economy must be considered.

## A Famous Pork Dish

Pigs' feet prepared in a tasty pickle are favorites with the Pennsylvania Dutch and in many other sections of the country. To prepare

## Looking Ahead to Festive Foods for Washington's Birthday

By Nellie Ryder Gates

**A**T LEAST one of the dishes for a Washington Birthday party, whether it be an elaborate dinner or the most informal little tea, should contain cherries. A very festive salad is made of two cans of cherries, one white and the other red. Stone them, slip tiny bits of nut meats inside in place of the stones, and serve three or four of each kind on a crisp lettuce leaf with French dressing, in which there is a lot of paprika. Make little cheese hachets to serve with this. Roll a rich pastry out on the board. Sprinkle with grated cheese. Season well with salt and cayenne, fold over and repeat. Fold again, put into tiny hatchets and bake in a hot oven.

A very pretty garnish for any salad is made of large maraschino cherries and cream cheese. Make tiny balls of the cheese and insert them in the cherries. Candied cherries can be stuffed with a large salted almond and served as a garnish or a confection.

## Cherry Sandwiches

Cherry sandwiches are delicious to serve at a Colonial tea. Use cream cheese moistened with cream. Stir into it candied cherries and slivered almonds chopped fine. Spread on thin slices of very fresh rye bread, roll and tie with narrow buff and blue ribbons.

Grandmother's custard (an ice cream made of eggs and milk) and old-fashioned sponge cake or election cake make very appropriate refreshments for either the afternoon

them boil six feet until tender in salted water, adding an onion, a bay leaf and a sliced onion. When tender drain, put in a small crock and pour over them the following mixture: Place one scant quart of vinegar in a saucepan and add a quarter of a cupful of brown sugar, six blades of mace, one bay leaf, eight whole cloves, two inches of stick cinnamon, eight whole allspice, one teaspoonful of salt and half a teaspoonful of paprika. Cook the spiced vinegar for eight minutes before using. They will be ready to use in two days and will keep in a cold place for a month. The meat from the feet also makes delicious salad and sandwiches. Pigs' feet also may be boiled and served with cabbage and sauerkraut.

To prepare the sausage surprise, for Thursday's breakfast, use the tiny link sausages and fry them until browned. Drain and inclose each in a thin layer of rich baking powder biscuit dough. Fold the

**Wednesday**  
BREAKFAST  
Cooked Cereal with Prune Whip  
Waffles Cinnamon and Sugar  
Coffee

**LUNCHEON**  
Mock Chicken Salad Rolls  
Ginger Ale  
Hot Apple Souffle  
**DINNER**  
Grapefruit Cocktails  
Fried Smelts Baked Stuffed Potatoes  
Coleslaw  
Indian Pudding with Ice Cream

**Thursday**  
BREAKFAST  
Tangerines  
Sausage Surprise Watercress  
Coffee  
**LUNCHEON**  
Pickled Pig's Feet Potato Salad  
Beaten Biscuits  
Peach Marmalade  
**DINNER**  
Tomato Bouillon  
Pressed Brawn Candied Sweet Potatoes  
String Beans  
Chocolate Meringue Pudding

## Bake More Pears and Apples and Serve in Any Meal of the Day

By Florence M. Lee

**B**AKED pears for breakfast or the simple luncheon dessert are a dish that not many of us know well. They are delicious and make a pleasant change from baked apples at no greater cost.

Green cooking pears are usually available at about 10 cents a pound. The preparation is simple. Peel, stem and core the pears, cut

them in halves and place them face downward in a baking dish. To three medium sized pears use one-third cupful of brown sugar, one-half cupful of water and about one-quarter teaspoonful of powdered cinnamon. Bake this in a hot oven (about 325 degrees Fahrenheit) for an hour, or until the pears are tender. Leave the dish uncovered and baste the pears occasionally.

A slightly pinkish tinge will bloom on the surface of the baked pears of some varieties, making them look more attractive. And the brown sugar gives a flavor that will repay any extra trouble of obtaining it. Not all housekeepers in these days keep a supply on hand, but it adds flavor and quality to many dishes. Then for the final touch serve real cream on this delectable dish.

**Compote of Winter Pears**  
Another way of using the winter pears is in a compote with a bit of cinnamon and lemon added or preserved ginger.  
To serve four people allow a pear for each one. Peel and cut the fruit in halves. Remove the seeds, but leave stems. Place this in the saucepan with three cupfuls of water and one cupful of sugar (white or brown sugar) and about two inches of stick cinnamon. Simmer gently (with lid off) to retain

shape of fruit) until the pears are clear and transparent. Carefully skim out the pears and cook the syrup until about as thick as molasses. Remove the cinnamon, but serve the lemon in the compote.  
A little chopped preserved ginger may be added either toward the end, or the ginger syrup poured in while the pears are still cooking, so that the flavor may permeate the fruit.

**Baked Apples**  
"Why is it that your baked apples are always so good?" an old-fashioned housekeeper famous for her cooking, was asked. "The secret of it is," she replied, "that I empty the sugar dish into it."  
She might have added, however, that first she selected good cooking apples, for that is an important factor. If you do not already know them, get acquainted with the cooking apples in our market. The Baldwin and Rome Beauty are two of the good red varieties, and the Greening and Newtown Pippin are

green and smooth skinned. All of these will bake well.  
To have a dish of delicious apples of this kind allow about a cupful of sugar and a cupful of water to six medium apples. Brown sugar is best. Also one scant teaspoonful of butter to each apple and a dash of ground cinnamon.  
To peel or not to peel apples, to cover the baking dish or not to cover it, are questions on which cooks disagree. But to core the apples is conceded by all to be best. We are on the side of the "peel and cover" faction for the first half of the cooking, for this seems to prevent the apples from shriveling, and to remove the top later allows the syrup to thicken.  
There are delicious variations of the cinnamon flavoring, so that the dish need not become monotonous. Grated nutmeg can be substituted, a few whole cloves stuck into each apple, or the cavities left after coring may be filled with maple sugar or chopped nuts.  
A suggestion as elaborate as it is

delicious is to fill the centers with a mixture of diced bananas, melted butter, sugar, powdered cinnamon and chopped preserved ginger. Then to add the yellow rind of half a lemon, grated or cut into shavings, to a cupful of water, third of a cupful of sugar and a quarter cupful of the ginger syrup. Cook this in a moderate oven, basting occasionally until the apples are tender.

**White Peaked Apples**  
Another suggestion is to press a marshmallow, or a spoonful of marshmallow paste, on top of each apple during the last few minutes of baking.  
Or make a meringue, using two tablespoonsful of powdered sugar and one-eighth teaspoonful of vanilla to each egg white. Pile this lightly on the apples when they are cooked and return them to a slow oven (300 to 350 degrees) until brown (about eight minutes). This dish might be served cold with boiled custard. Or use double the amount of sugar and vanilla in the meringue and without cooking it, pour melted unsweetened chocolate over the top.  
**Almond Apples**  
A rich delicious conserve the almond apples will be found, looking like a porcupine. To eight apples use one and one-half cupfuls of sugar and one and one-half cupfuls of water. Use a deep

saucepan and boil sugar and water together for eight minutes. Drop the peeled and cored apples into this syrup and cook gently until the apples are soft, skimming the syrup occasionally. Remove the fruit and drain off the syrup.  
When cool fill the core with a tart jelly, preserved ginger or other fruit. Press blanched almonds into the apples and serve with whipped cream. Another dish to set before the king!

**Old Fashioned Boiled Puddings**  
Deserve a Place in Modern Cooking  
By Nellie Ryder Gates  
EVERY one of us can remember the old nursery rhyme that used to be a childhood favorite about the cat that ran away with the pudding bag string. Most of us wouldn't even miss our pudding bag string these days, and its loss wouldn't be the catastrophe it was once, for we do not own a pudding bag.  
An English cook—and any one who has visited in England knows that every English housewife would miss her pudding bag string if the cat ran away with it—gives these few directions: Scald the cloth well, flour it, then lay it in a bowl to shape the pudding. Turn in the batter, draw the cloth around it, leaving room for it to swell, and tie firmly with the string. Plunge into a pot of boiling water and keep it boiling every minute.  
**Boiled Suet Pudding**  
The famous suet pudding of England is rather a simple dessert. To make it, chop four ounces of beef suet. Add a pound of flour sifted with half a teaspoonful of salt. Mix to a paste with cold water, tie in the cloth and boil three hours. Of course, this pudding cries aloud for a nice tart sauce.  
Plum duff and jam roly polys are two other famous English puddings. For the plum duff, sift together two cups of flour, two teaspoonfuls of baking powder, half a teaspoonful of salt and half a cup of sugar. Add a cup of finely chopped suet, a cup of raisins, an egg, well beaten, and

three-quarters of a cup of milk. Flavor with nutmeg.  
Tie into a cloth and boil for three hours. This is served either with sugar and cream or a hard sauce—preferably the latter.  
**A Roly Poly**  
The roly poly is simply a paste made with chopped suet instead of the usual shortening. Roll out on the board and spread with any kind of jam. Roll up into a roll, pinching the ends together so the jam won't boil out, and tie in the cloth. Boil an hour and a half. Serve with fruit sauce.  
An old-time boiled Indian pudding is very good served with whipped cream or a small serving of vanilla ice cream. Warm two cups of milk and add a cup of molasses and four well beaten eggs. Chop a pound of suet and add it to the milk, with a teaspoonful of cinnamon, half a teaspoonful of nutmeg and half a teaspoonful of salt. Now stir into this enough Indian meal to make a stiff batter and boil three hours.  
A boiled date pudding is a delectable winter dessert. To make this, chop a pound of dates and six ounces of beef suet together. It is a very good plan to use one's meat chopper for the suet in all these recipes. Weigh twelve ounces of dried bread crumbs and add them to the dates. Then stir in three-fourths of a cup of sugar, a well-beaten egg and two heaping tablespoonfuls of flour sifted with two teaspoonfuls of baking powder. Boil for three hours. Serve with tiny individual molds of hard sauce, each one topped with a stoned date.

dough over into a roll and pinch the ends together securely. Lay in a greased pan, brush over with melted butter and bake in a quick oven until crisp and brown.  
The fat from all pork should be fried out and clarified; this, if carefully done from fresh pork, will furnish an excellent lard, while that from salt pork, bacon and ham is ideal for nearly all frying purposes.

**From Lordly Roast to Modest Sandwich Filler**  
A FAMOUS pork cake is the last but not the least of these recipes, and, like most fruit cakes, is famous for its keeping qualities. Consider, too, the possibilities of the

**Monday**  
BREAKFAST  
Oranges  
Fried Bacon and Apples  
Potato Scones Coffee  
**LUNCHEON**  
Potato and Corn Chowder  
Finger Rolls  
Fruit Salad Cheese Straws  
**DINNER**  
Chicken Bouillon with Noodles  
Crumbed Halibut Creamed Potatoes  
Stewed Tomatoes Celery  
Peach Meringue Tart

**Tuesday**  
BREAKFAST  
Baked Nut Apples  
Fish Cakes with Pork Scraps  
Raised Muffins Coffee  
**LUNCHEON**  
Ham Club Sandwiches  
Cocoa  
Orange Rice Custard  
**DINNER**  
Vegetable Soup  
Roasted Pork Tenderloins  
Brown Sweet Potatoes Green Peas  
Watercress and Pimiento Salad  
Apple Pie

**Wednesday**  
BREAKFAST  
Cooked Cereal with Prune Whip  
Waffles Cinnamon and Sugar  
Coffee  
**LUNCHEON**  
Mock Chicken Salad Rolls  
Ginger Ale  
Hot Apple Souffle  
**DINNER**  
Grapefruit Cocktails  
Fried Smelts Baked Stuffed Potatoes  
Coleslaw  
Indian Pudding with Ice Cream

**Thursday**  
BREAKFAST  
Tangerines  
Sausage Surprise Watercress  
Coffee  
**LUNCHEON**  
Pickled Pig's Feet Potato Salad  
Beaten Biscuits  
Peach Marmalade  
**DINNER**  
Tomato Bouillon  
Pressed Brawn Candied Sweet Potatoes  
String Beans  
Chocolate Meringue Pudding

**Friday**  
BREAKFAST  
Stewed Dried Apples  
Scrambled Eggs with Bacon  
Popovers Coffee  
**LUNCHEON**  
Escalloped Macaroni with Brawn  
Rye Bread Celery  
Hot Gingerbread Caramel Sauce  
**DINNER**  
Roquefort Canapes  
Fried Oysters Tartare Sauce  
Cabbage and Green Pepper Salad  
Bread Sticks  
Fig Tartlet

**Saturday**  
BREAKFAST  
Malaga Grapes  
Fried Scramble  
Cress Sandwiches Coffee  
**LUNCHEON**  
Baked Pork and Beans  
Brown Bread Endive Salad  
Apple Kuchen  
**DINNER**  
Pot Roast of Ham with Vegetables  
Boiled Potatoes  
Orange Salad with Black Walnuts  
Cheese Pastries

**Sunday**  
BREAKFAST  
Halved Grapefruit  
Spanish Omelet  
Toasted Crumpets  
Coffee  
**LUNCHEON OR SUPPER**  
Sliced Pot Roast Pickles  
Rolls Fried Potatoes  
Green Salad  
Pork Cake Pineapple  
**DINNER**  
Julienne Soup  
Roast of Pork with Oyster Dressing  
Apple Jelly Browned Potatoes  
Green Peas Celery Salad  
Coffee Frappe Macaroons

**Pressed Brawn**  
Pressed brawn is delicious served sliced cold or as a filling for sandwiches. Clean and wash a small pig's head and simmer with half a pound of lean beef in water to just cover. Add to the water half an onion stuck with three cloves and a few celery tops. When the bones will slip from the meat drain and remove the meat. Chop finely while it is hot, and add a small minced onion, one-half teaspoonful of salt, half a teaspoonful each of paprika and ground mace, one teaspoonful of powdered sage, and either two tablespoonfuls of melted oleo or the mashed cooked brains. Pack into a mold wet with cold water and set aside in a cold place for twelve hours.

**Pot Roast of Ham**  
This method of preparing a ham

is quite a novelty, and is also delicious. Order a shoulder of ham, boned and rolled. Soak overnight in cold water. Melt three tablespoonfuls of drippings in a kettle, add a small cupful of sliced onion, half a cupful of diced celery and cook until softened. Take out the vegetables, place in the ham and brown quickly on all sides. Add the partly cooked vegetables and cold water, mixed with an equal amount of grape juice to nearly cover. Simmer very gently until the meat is tender and add three sliced carrots when it has cooked for two hours. Skin the ham, dust thickly with bread crumbs mixed with brown sugar and brown in a hot oven. Serve with a vegetable gravy made from the cooked vegetables and a generous pint of liquor in which the meat has cooked. Thicken the gravy with browned flour and add half a teaspoonful of paprika, a tablespoonful of Worcestershire sauce and a teaspoonful of kitchen bouquet.

**Ham Club Sandwiches**  
Use as the filling for each individual sandwich two tablespoonfuls of minced cooked ham, blended with a teaspoonful of chopped mustard

minced onion, salt and paprika to taste, half a chopped canned pimiento, three tablespoonfuls of melted oleo and half a teaspoonful of powdered sage. Truss into shape, fasten securely with string and lay in a greased pan. Bake for ten minutes in a hot oven, dust with salt and paprika and baste frequently with a little bacon fat and kitchen bouquet, added to a cupful of boiling water. Serve with a browned gravy made from the thickened liquor in the pan. After the first ten minutes reduce the heat of the oven slightly.

**Mock Chicken Salad**  
Roast pork tenderloin makes the best possible substitute for chicken in making salad. Cut the meat in cubes and add an equal amount of diced celery and for each cupful and a half of the combined ingredients add a light dusting of salt and paprika, one chopped hard-boiled

egg, six chopped stuffed olives and sufficient mayonnaise dressing to moisten. Chill on the ice and serve in nests of lettuce. Garnish with capers and bits of pickled beet.

**Pork Cake**  
A cake recipe that comes down from Colonial days and proves to be one of the best varieties of fruit cakes uses pork. To make it grid a quarter of a pound of fat salt pork, using the finest knife, add half a cupful of actively boiling water and let stand for fifteen minutes. Mix in half a cupful each of molasses and sugar, one beaten egg, a quarter of a pound of seeded raisins and an eighth of a pound each (two ounces) of currants, shredded citrus and candied orange peel. Sift together half a graded nutmeg, one teaspoonful of ground cinnamon, one-quarter of a teaspoonful each of cloves, allspice and salt, half a teaspoonful of baking soda and two cupfuls of flour. Combine with the first mixture, beat well and pour into a deep pan, lined with greased paper. Bake in a slow oven for one hour. This cake keeps for some time.

**Go A-Marketing!**  
Supplies for the week will include at the butcher's a quarter of a pound of cooked ham, at 70 cents a pound; two pork tenderloins, at 80 cents each; half a pound of sausage at 35 cents a pound; six pigs' feet at 10 cents each; a small pig's head for 70 cents; half a pound of lean beef, at 30 cents a pound; a shoulder of ham (four pounds), at 25 cents a pound; a three-pound piece from the leg, at 35 cents a pound; one pound of salt pork for 30 cents, and one pound of bacon for 44 cents.  
At the fish market one pound and a half of halibut, at 40 cents a pound; one pound and a quarter of smelts, at 32 cents a pound; one pint of stewing oysters for 30 cents and twenty-eight frying oysters, at 2 cents each.  
Purchase for the dairy supplies two and a half pounds of table butter, at 38 cents a pound; half a pound of oleo for 14 cents; six quarts of Grade B milk, at 16 cents a quart; two half pints of cream, at 28 cents a bottle, and two dozen fresh eggs, at 64 cents a dozen.  
Butter and eggs have come down so materially in price that they may now be used with a clear conscience by the home caterer. Prices for the budget should run at the following approximate figures, but do not include milk as a beverage:  
Butcher's bill ..... \$5.50  
Fish bill ..... 1.80  
Dairy products ..... 3.80  
Fruit ..... 2.50  
Vegetables ..... 2.00  
Groceries ..... 2.00  
Total ..... \$17.60

**Echoes from The Orange Dustpan Episode**  
By Helen Harrison  
THAT tale of the orange-colored dustpan, from the Institute page of January 8, just appealed to us because we had seen apartment hunting, furnished or otherwise. That was yesterday, and even to-day the depression caused by certain slate-colored, anti-dirt-showing walls of one kitchen still hangs like a leaden pall over our spirits. So we just naturally set up that article in The Sunday Tribune about brightening the kitchen where you are and slinging gay-colored paint over its paraphernalia. Whereupon we said to everybody in general, "Watch ours!"  
The apartment was charming—long, light-giving windows, a fireplace that could be used and several excellent antique mahogany pieces here and there. Every room was a dream, until we struck the kitchen, which was a nightmare. Then we woke up.  
**A Coffin Kitchen**  
The walls were painted a depressing, dark bluish-drab shade of slate, such as one could fancy inner walls of a leaden coffin would resemble were one to wake from coma within one's death-sleep container. We shuddered in unison, and exclaimed after the manner of women, "How depressing!"  
The landlord argued that this

color did not show dirt, and therefore would not require a fresh coat every few months. It was too deadly to discuss. Even when the owner showed signs of cutting a large percentage off the rent and had no objection to new tenants painting out the slate with gladstone buff we felt that it was hopeless, that the ghost of those leaden walls would mentally come through three coats of sunny amber.  
**Shredded Wheat Bookcases**  
It was then that we read The Tribune's article on the subconscious influence of an orange-colored dustpan and decided to furnish our own

apartment, though we had to convert shredded wheat boxes into bookcases at first. At least we would have our orange-colored dustpan, that shade of warm burned orange which some of us impressionable folk feel one must eat. We felt quite sure that with kitchen implements to correspond we would not indulge in our usual swearing over the dishpan, nor long for the age of food in tablet form, nor would we need over the kitchen sink that familiar motto "Keep Smiling" to carry us through the ordeal of dishwashing. And our mop water would swirl in a pall resembling hues of tropic sunsets, toward which our New England souls ever yearn!

**Boiled Suet Pudding**  
The famous suet pudding of England is rather a simple dessert. To make it, chop four ounces of beef suet. Add a pound of flour sifted with half a teaspoonful of salt. Mix to a paste with cold water, tie in the cloth and boil three hours. Of course, this pudding cries aloud for a nice tart sauce.  
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three-quarters of a cup of milk. Flavor with nutmeg.  
Tie into a cloth and boil for three hours. This is served either with sugar and cream or a hard sauce—preferably the latter.  
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An old-time boiled Indian pudding is very good served with whipped cream or a small serving of vanilla ice cream. Warm two cups of milk and add a cup of molasses and four well beaten eggs. Chop a pound of suet and add it to the milk, with a teaspoonful of cinnamon, half a teaspoonful of nutmeg and half a teaspoonful of salt. Now stir into this enough Indian meal to make a stiff batter and boil three hours.  
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